

# UNIVERSITY OF TORONTO

(The Provincial University of Ontario)

DEPARTMENT OF UNIVERSITY EXTENSION



## BULLETIN OF INFORMATION

on the

## TWO YEARS' COURSE

in

## PHYSIOTHERAPY

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Should those interested wish to ask any questions, the answers to which are not contained in this bulletin, they should write at once to W. J. Dunlop, Director, University Extension, University of Toronto, Toronto 5, Canada. Correspondence is invited.

July 15th, 1929.



SIMCOE HALL

(The offices of the Department of University Extension are in this building. Entrance, Room 222.)

# UNIVERSITY OF TORONTO

(The Provincial University of Ontario)

## PHYSIOTHERAPY

In response to requests of organizations and individuals interested, the University of Toronto has arranged to offer a course in Physiotherapy. This course will commence with the opening of the Session 1929-30.

The University reserves the right to cancel this course at any time when it appears that there is no further public demand for physiotherapists. Probably not more than ten and certainly not more than twenty students will be accepted in any one year.

The details of the course are as follows:

- I. Complete Pass Matriculation, or its equivalent, is the entrance requirement. Applicants having other special qualifications, in lieu of matriculation, may be considered if accommodation is available and, if admitted, will be on probation during the first term.
- II. The course is to extend over two academic years.
- III. If the necessary arrangements can be made, students of the First Year may be required to spend part of the summer vacation in physiotherapy work in hospitals or other institutions.
- IV. Each applicant must present a certificate of physical fitness either from the family physician or one of the University's Medical Advisers. No allowance can be made for physical disability. A certificate of successful vaccination must be submitted within ten days of the opening of the session.
- V. Applicants must be at least eighteen years of age before entering upon the course.

- VI. The course will be given if a sufficient enrolment is secured, and may be discontinued at any time in the future if the demand for aides seems to have been satisfied.
- VII. The course opens on the last Tuesday in September. In order that the necessary arrangements can be made in good time, applications should be sent in as early as possible, and in no case later than September 1st.
- VIII. In subjects which are common to two courses, students will attend the regular classes in university subjects already established in Arts, Social Science, etc. Lectures and practical work will occupy both forenoons and afternoons throughout the Session.
- IX. It is hoped that arrangements can be made so that a student who completes the course in Physiotherapy may be able to take the course in Occupational Therapy in one additional year, thus covering the two courses and securing two diplomas in three years.
- X. The tuition fee is \$100.00, payable in advance, or, if paid in instalments, \$50.00 on or before October 15th and \$51.00 on or before January 15th. A penalty of \$1.00 per month is imposed if fees are not paid on dates specified.
- XI. Subjects of Study:
- First Year: (a) English, French, Social Science, Anatomy, P s y c h o l o g y, Hygiene, Physical Training.
- (b) Remedial Gymnastics, Massage.
- Second Year: (a) English *or* French, Psychology, Physiology, Social Science, Anatomy, Physical Training; a special course of lectures and clinics in Medicine and Surgery.
- (b) Remedial Gymnastics, Massage, Hydrotherapy, Electrotherapy, Thermo-therapy, Heliotherapy, and Actino-therapy.

## PREScription OF WORK

### First Year.

1. English: The course in this subject taken by students in the First Year of the Pass Course in Arts.
2. French: The course in this subject taken by students in the First Year of the Pass Course in Arts.
3. Social Science: An introduction to social problems.
4. Anatomy: General anatomy, with particular attention to muscles and joints, and a course in Kinesthetics.
5. Psychology: The meaning, point of view and methods of psychology. Consciousness and the unconscious. The aspects of mental development, (a) sensation and association of ideas, (b) habit and instinct, (c) emotion and sentiment. Mental conflict and character. (Two hours per week).
6. Hygiene: A course of ten lectures in personal and community hygiene.
7. Remedial Gymnastics: (See details on next page.)
8. Massage: (See details on next page.)

### Second Year.

1. English: The course in this subject prescribed for students of the Second Year of the Pass Course in Arts.
2. French: The course in this subject prescribed for students of the Second Year of the Pass Course in Arts. (Note that this subject is optional in the Second Year.)
3. Psychology: Man in society: the herd instinct—suggestion, sympathy, imitation. Work and fatigue, play and recreation. Adolescence, abnormality, delinquency, and functional mental disorders. Education and re-education. (Two hours per week.)
4. Physiology: Muscular system; nervous system; circulatory system; lymphatic system; respiratory system; digestive system; metabolism; excretion, temperature; diet; ductless glands.

5. Social Science: Social legislation.
6. Anatomy: This course will include a study in brief of the skeleton, the articulations and the muscles, including the general principles of muscle action, their structure, innervation and mechanics. This work will be correlated with the work in Kinesiology, which includes the principles of muscle re-education.
7. Medicine and Surgery: A special course of lectures and clinics in heart diseases, tuberculosis, neurology, orthopedics, etc. Also a course on Emergency Surgery, lectures and demonstrations.
8. Remedial Gymnastics: The work in this subject during the two years will be designed to equip the student to use remedial gymnastics and massage for the treatment of:

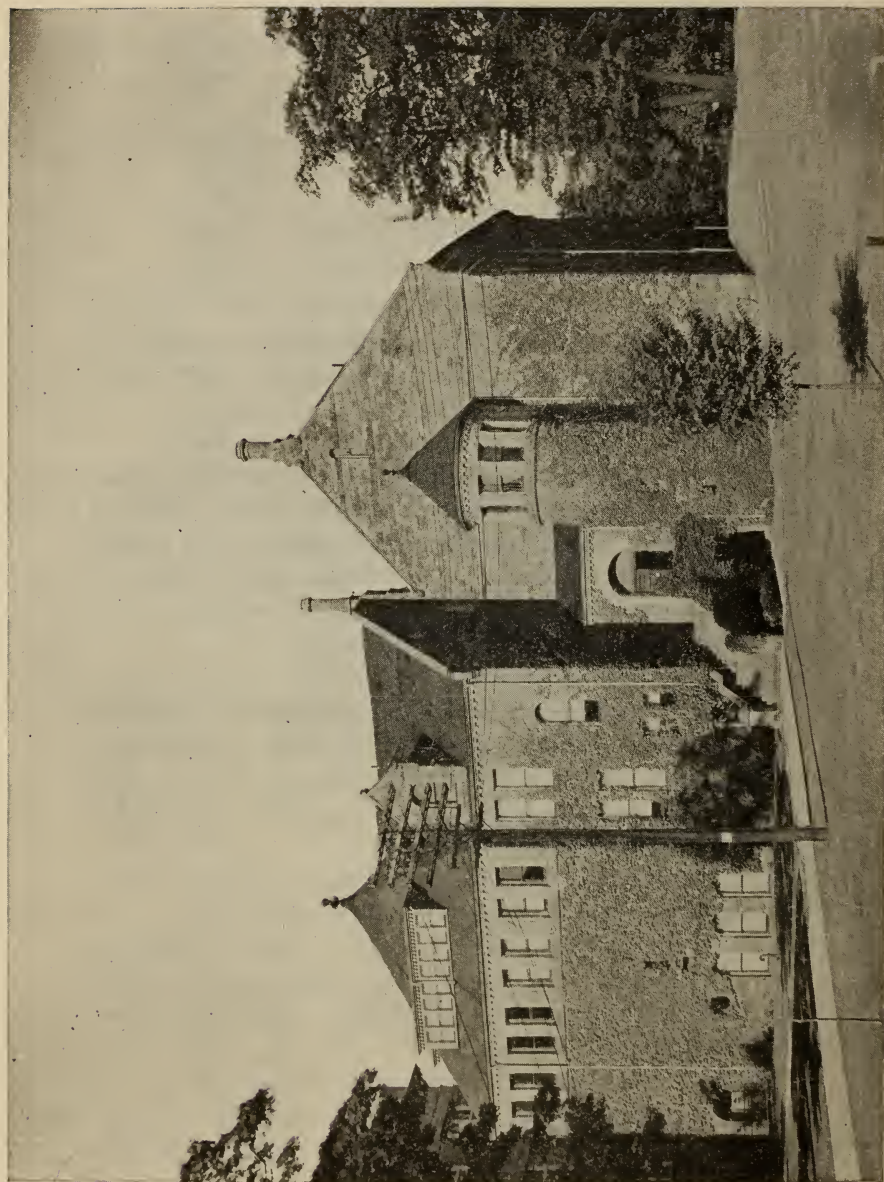
- (a) General Pathological Conditions.
- (b) Injuries to Bones, Joints, Muscles and Tendons.
- (c) Scar Tissue.
- (d) Orthopaedics.
- (e) Diseases of Muscle.
- (f) Diseases of the Circulatory System.
- (g) Diseases of Respiratory System.
- (h) Diseases of Alimentary Canal.
- (i) Diseases of Nervous System.
- (j) Constitutional Diseases.
- (k) Diseases of Genito-urinary System.

9. Massage: A course to meet the requirements of the Canadian Association of Massage. The prescription of work detailed below will be covered in the two years.

History, Theory, Aims and Therapeutic value of massage and movement, and contra-indications.

- (1) *Effleurage*. (centripetal stroking). (a) Superficial, (b) Deep. N.B. Stroking may be done other than centripetally, and is not then classified as effleurage (see later).
- (2) *Petrissage*. This includes picking up, kneading and all squeezing manipulations. *e.g.* arm and leg kneading, back

- kneading with flat hand and wringing manipulations.
- (3) *Frictions*. Small circular manipulations with pressure with the object of breaking down adhesions or infiltrations. These must be distinguished from muscle kneadings over small areas.
  - (4) *Tapotement or Percussion*. Hacking, Clapping, Pounding, Beating.
  - (5) *Shakings*. As distinct from vibrations.
  - (6) *Vibrations*. Soothing and stimulating.
  - (7) *Stroking*. In any direction, as distinct from effleurage.
  - (8) *Nerve Massage*. Stroking. Vibrations (running and static). Frictions (light and deep). Pressures. Tapotement. Nerve stretching.
  - (9) *Passive Movements* of joints, and their effects.
  - (10) *Active Movements*. Assisted. Free. Resisted. Concentric, Eccentric and Static muscle work. Paths of movement. Axes and planes as applied to the human body. Types of lever. General and special effects of exercises. Fundamental and derived positions. The grouping and progression of exercises.
  - (11) General Care of Patient.  
Taking of temperature, pulse, respiration. Splinting. Bandaging. Fomentations. Compresses. Application of sterile dressings. Removal of strappings. Prevention of pressure sores. Use of cradles. Lubricants. General care of skin. Etiquette.
  10. Hydrotherapy: An outline of the principles and a study of the various types of apparatus used.
  11. Electrotherapy: A consideration of the principles of: (a) galvanic; (b) faradic; (c) High-frequency currents and their various modifications and mode of application to disabilities.
  12. Thermotherapy: The principles of treatment by heat and modes of application.
  13. Actinotherapy and X-ray: A résumé of the principles and uses of various forms of light and X-ray.



THE BIOLOGY BUILDING